

**TYLER COUNTY SCHOOLS  
WELLNESS POLICY**

**PURPOSE**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Research has shown that schools play an important role in shaping students' health behaviors. Students spend a major part of their day in the school environment. It is vital that this environment support the development of a healthy lifestyle, offer opportunities for students to make healthy and informed selections, and prepare students for academic success. Good nutrition and wellness enhances learning and the quality of life. All educators should be advocates for promoting healthy lifestyle choices that are proven to have a positive influence on student achievement and preparation for becoming a productive citizen of the 21<sup>st</sup> Century.

**POLICY GOALS**

The Tyler County School system is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Tyler County Wellness Policy was developed by a committee comprised of representatives from the child nutrition department, curriculum and instruction department, school administrators, local school board, health care professionals, students, teachers, parents, and community representatives. Information from the Center for Disease Control's School Health Index assessment completed by all Tyler County schools and published, scientifically-based research were used to develop and revise this policy.

Tyler County Schools also uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. Each school will complete the Smarter Lunchrooms Scorecard annually with a goal of achieving Gold. This goal will be overseen and implemented by the Food Service Director.

**I. NUTRITION EDUCATION**

Tyler County Schools aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion.

**CLASSROOM TEACHING AND SCHOOL COMMUNITY**

The primary goal of nutrition education is to influence students' eating behaviors. Tyler County Schools will promote nutrition education through classroom teaching, nutritional marketing, and teacher training in the area of nutrition education. Schools will promote nutrition education and engage in nutrition promotion that is offered at each grade level in accordance with the WVBE Policies 2520.55, 21<sup>st</sup> Century Wellness Pre K – 4 Content Standards and Objectives for WV Schools and 2520.5, Next

Generation Health Education 5-12 Content Standards and Objectives for WV Schools as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health:

- integrates nutrition topics within the comprehensive health education curriculum taught at every grade level (K-12);
- ensures that four hours of class time will be designated for nutrition education every month;
- integrates nutrition education into overall curriculum and engages in nutrition promotion;
- teaches fundamental skills that are behavior focused;
- teaches the importance of healthy eating and physical activity to maintain healthy weight;
- is part of not only health education classes, but also classroom instruction at all grade levels in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- work with nutrition education program to develop school gardens and use the cafeteria as a learning lab;
- emphasizes nutrition labels, caloric balance between food intake and energy expenditure of physical activity and exercise;
- promotes healthy choices through marketing via signs, menus, sporting events;
- students will be encouraged to join a club promoting wellness;
- students and families are invited to attend exhibitions of student nutrition projects;
- school staff will work with other agencies and community groups to provide opportunities for student projects related to nutrition;
- staff will have trainings/nutrition talks concerning healthy lifestyles;
- encourages staff to be role models for healthy behaviors through participation in school meals, physical activities, etc.;
- links with school meal programs, other school foods, and nutrition-related community services; and
- teaches media literacy with an emphasis on food marketing.

#### STAFF WELLNESS AND TRAINING

Tyler County Schools highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school will maintain a health and wellness council that meets at least quarterly to address the needs of each school. As part of the council agenda, staff wellness will be one of the major discussion topics and areas to address.

The council will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. Appropriate school personnel will attend all trainings provided by or in collaboration with Tyler County Schools. The Board of Education will plan nutrition education trainings as needed or requested. Staff will be trained in nutrition education and implement the principles of the health curriculum in all grades.

## **II. NUTRITION STANDARDS FOR CHILD NUTRITION PROGRAMS**

In Tyler County Schools, federally funded school nutrition programs are available to provide nutritious foods to all students. Nutrition standards for federally-funded school and child nutrition programs are determined at the federal level. It is intended that these child nutrition programs be the main source of foods and beverages available at school. These programs have specific requirements to ensure that adequate nutrients are offered to promote health and wellness. Other foods and beverages, when available, should also provide necessary nutrients and contribute to an overall healthy eating environment.

Tyler County Schools is uniquely positioned to model and reinforce these healthful eating behaviors. This policy reflects an integrated approach to ensuring a school environment that promotes optimal nutrition for students. The intent of the policy is to encourage and enable schools to provide students with nutritious food and beverage choices that will enhance learning and promote healthy behaviors that can be maintained throughout life.

Schools are responsible for providing opportunities to learn healthy lifestyles, including good nutrition. Students learn these “lessons” not only from teachers and textbooks, but also from their experiences at school. These include experiences with foods sold as snacks, served for lunch and breakfast, served in parties, and used in classroom activities.

Tyler County Schools operates under USDA regulations for school food programs (e.g., School Breakfast Program, National School Lunch Program, Child and Adult Care Food Program, and Summer Food Service Program). Tyler County Schools provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance - 7 CFR Part 210 and Part 220 and the Healthy, Hunger Free Kids Act of 2010. All meals will follow guidelines established in West Virginia Policy 4321.1.

### **SMARTER LUNCHROOM MOVEMENT**

Tyler County uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. All schools participating in the National School Lunch Program will utilize at least 5 of the following Smarter Lunchroom strategies:

- Fruit is offered in at least two locations on all service lines, one of which is right before the point of sale.
- Sliced or cut fruit is offered.
- A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- At least two kinds of vegetables are offered.
- Vegetables are incorporated into the main entrée at least monthly.
- White milk is offered in all beverage coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Students are offered a taste test of a new entrée at least once a year.

- Students provide feedback (informal – “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.
- Students, teachers, or administrators share the daily menu in announcements.

The district will ensure that food service staff receive professional development in Smarter Lunchrooms Movement principles, strategies and practices.

#### FREE AND REDUCED-PRICED MEALS

Tyler County Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced schools meals.

#### PARTICIPATION STRATEGIES

School meal programs will provide students

- promotional mailings or events;
- alternative breakfast strategies of “Grab and Go”;
- student input on the menu;
- the opportunity to provide input on local, cultural, and ethnic favorites; and
- periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

#### MEAL TIMES, ENVIRONMENTS AND SCHEDULING

Schools meal programs

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- will schedule lunch periods, as much as possible, to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat;
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk);
- will provide appropriate supervision in the cafeteria and rules for safe behavior shall be consistently enforced; and
- will provide a pleasant environment in which to eat meals.

#### FOOD SERVICE STAFF AND TRAINING

Qualified nutrition service personnel will administer the school meals programs. As part of the county’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition personnel in schools to comply with the USDA Professional Standards. Staff development programs should include appropriate training programs for child nutrition directors, cafeteria managers, and cafeteria workers, according to their levels of responsibilities. Food service staff

- shall be directed by a qualified nutrition professional;
- shall ensure that the Food Service Manager has appropriate certification;
- food service staff members, who are properly qualified according to current professional standards, will administer the Child Nutrition Programs;
- shall obtain the appropriate food safety training (food handling permit, HACCP, etc.); and

- shall ensure that other professional development in the area of food and nutrition is provided for food service staff.

### MEAL GUIDELINES AND NUTRITION INFORMATION

#### School meal programs

- are required to meet the specific standards set for by USDA;
- 4 fruits and/or non-fried vegetables per day;
- only 1% and fat-free milk served;
- all cooked foods offered as part of the meal will be baked or steamed;
- purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food;
- all whole grain items;
- eliminates trans fats; and
- will share and publicize information about the nutritional content of meals with students and parents.

### BREAKFAST

Tyler County Schools ensures that all schools will provide breakfast through the USDA School Breakfast Program in order to meet their nutritional needs and enhance their ability to learn by:

- Operating the School Breakfast Program at each school;
- Utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- Notifying parents and students of the availability of the School Breakfast Program.
- Encouraging parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### LUNCH

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
- ensure that whole grains are offered daily.

Schools should solicit input in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

## SNACK

Child Nutrition Program Snack Option: Schools will allow adequate time for consumption of food by extending the meal period or by providing a snack under the following stipulations: (Prior WVBE approval is required to provide the fruit/vegetable snack option for lunch.)

- The snack may be offered from a separate credible meal pattern menu item at breakfast or lunch for consumption later;
- The snack item may be a single serving of bread/bread alternate, fruit or vegetable;
- If the snack option is chosen, school administrators and teachers should support this effort by providing students with the time and opportunity to eat these snacks during the day;
- Timing of the snack should be determined by individual school choosing this option;
- The price of the meals may not be increased solely as a result of choosing this option; and
- Schools choosing this snack option may elect to sell the same snack foods at cost to students who do not purchase a school meal.

In-school Snack Program. A nutritious snack may be provided to students through the child nutrition program during the school day. Food items planned should be age appropriate to prevent choking and adjusted to meet the nutritional needs of the child based on age. It is recommended that snack choices include fruits/vegetables, whole grains and non-fat and/or 1% low-fat dairy. The county child nutrition director shall work collaboratively with school personnel to approve an in-school snack program that provides nutritious snacks at cost to children during the school day.

## AFTER SCHOOL SUPPER PROGRAM

When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities, supportive adults and good nutrition. After school programs that participate in CACFP give children and teenagers the nutrition they need, draw them into constructive activities that are safe, fun, and filled with opportunities for learning.

Meals served through the CACFP – After School Supper Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
- ensure that whole grains are offered daily

## SUMMER FOOD SERVICE PROGRAM

Tyler County Schools operates under USDA regulations for school food programs by operating a Summer Food Service Program or CFR Part 225. Tyler County Schools has and will continue to sponsor the Summer Food Service Program throughout the summer vacation.

Meals served through the SFSP – Summer Food Service Program will:

- be appealing and attractive to children;

- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
- ensure that whole grains are offered daily

### FARM TO SCHOOL

It is the intent of Tyler County Schools to procure more locally sourced, fresh fruits and vegetables into school cafeterias. This can be accomplished by opening lines of communication with local farmers and student farmers in order to connect the schools with local or regional producers in order to serve local or regionally produced foods in school cafeterias.

In addition to procurement activities, Tyler County Schools would like to explore other Farm to School activities such as food, agriculture and nutrition-based educational efforts that span a host of hands-on experiential activities. Examples would be school gardens, field trips to local farms, and cooking classes. Standards-based curriculum centered on food, agriculture, and/or nutrition will integrate under this concept as well.

### **III. NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES**

The Smart Snacks in School nutrition standards apply to any foods sold to students during the school day on the school campus, including foods sold as fundraisers during the school day. Foods that do not meet these federal standards cannot be sold to students on campus during the school day. Standards do not apply during non-school hours, on weekends, and at off-campus fundraising events. These standards apply to foods sold outside the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

All other foods and beverages made available on school premises during the school day must meet the requirements set forth in this policy. In order to promote healthy eating habits, the consumption of fruits, vegetables, whole grains and non-fat and/or 1% low-fat dairy products should be encouraged. Other foods and beverages available to students on school premises shall contribute to students' nutrient requirements and should not add unnecessary calories, fat, sugar or sodium.

Tyler County will refer to the USDA Guidance: *A Guide to Smart Snacks in School* and WV Policy 4321.1 as its guidance document for snack requirements. All foods sold to students in vending machines, school stores, fundraisers, or concession stands during the school day will be fruits, vegetables, whole grain products, low-fat dairy or protein foods that contain

- <200 calories
- <35% sugar by weight
- <35% calories from total fat
- <10% calories from saturated fat
- Zero transfat
- <200mg of sodium

Except for foods served in the school nutrition programs, no food or beverage shall be sold, served or distributed to students on elementary school campuses from the time the first child arrives at school until 20 minutes after all students are served lunch.

Food and beverage contracts must comply with WV126 CSR 202, WVBE Policy 8200, Purchasing Policies and Procedures Manual for Local Educational Agencies. All contracts shall be approved and signed by the county board or the county superintendent, if approval authority has been delegated by the board to the superintendent. County boards of education are statutorily created and given authority to contract. Individual schools do not have such authority. All food and beverage contracts or agreements regarding public schools and vendors shall meet all purchasing standards as set forth in policy and code and shall be competitively negotiated. Contracts that extend beyond a fiscal year shall contain a clause allowing the board to terminate the contract at the end of each year. Contracts shall facilitate the WVBE efforts to offer and promote nutritious food and beverage choice.

Tyler County schools minimize marketing other foods and beverages in the high school setting by locating their distribution in low student traffic areas and by ensuring that the exterior of vending machines does not depict commercial logos of products or suggest that the consumption of vended items conveys a health or social benefit. Tyler County Schools does not have a snack food vending machine available for student consumption. In addition to caffeine, the sale, service or distribution of any foods or beverages containing non-nutritive/artificial sweeteners is prohibited.

#### A LA CARTE SALES

All meals must be priced and served as a unit. Only fluid milk and bottled water may be sold as a la carte items for breakfast and lunch at any grade level.

#### AVAILABILITY OF DRINKING WATER

In addition to milk, safe drinking water shall be offered with meals for student consumption in all child nutrition programs. Cups must be available with any water dispenser for easy student access.

#### SHARING OF FOODS AND BEVERAGES

Schools shall discourage students from sharing their foods or beverages with one another during meal, snack or school party times, given concerns about allergies and other restrictions on some children's diets.

#### CELEBRATIONS

School celebrations are to follow the same nutritional guidelines set forth in USDA Guidance: *A Guide to Smart Snacks in School* for entrees and snack items. Also, schools should limit celebrations that involve food during the school day to no more than one party per class per semester.

#### FUNDRAISING

Fundraising done during the school day is to follow the same nutritional guidelines set forth in USDA Guidance: *A Guide to Smart Snacks in School*. Organizations/groups are highly encouraged to do fundraising based on the use of non-food items to raise funds.



#### **IV. PHYSICAL EDUCATION**

##### Pre-K - 12

The primary goal for physical activity and physical education is to provide opportunities for every student in all grades Pre K -12 to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-term and long-term benefits of a physically active and healthy lifestyle. Tyler County Schools promotes a comprehensive physical activity program which encompasses a variety of opportunities for students to be physically active including; physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within the regular classroom on a daily basis. Students shall be able to demonstrate physical education competency through application of knowledge, skill development, and practice.

Physical education curriculum is aligned with academic standards, comprehensive in scope and sequence, and follows the NASPE standards. The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation. The program shall be provided with adequate space and equipment and conform to all applicable safety standards. In accordance with WVBE Policy 2520.6 21<sup>st</sup> Century Physical Education 5-12 Content Standards and Objectives for Physical Education, WVBE Policy 2520.55: 21<sup>st</sup> Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools, Senate Bill 785, and House Bill 2816, each child enrolled in public schools of this state will actively participate in physical education classes during the school year to the level of his or her ability. Annually students will complete the Fitnessgram assessment as outlined by the WVBE. Confidential health reports will be sent directly to parents and will include additional resources. Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.

All physical education will be taught by a certified, licensed physical education teacher. Physical education staff will receive professional development and adequate training in physical education on a yearly basis.

Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Recess at the elementary level and intramurals at the secondary level are prohibited from taking the place of physical education. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity in all or most lessons.

#### **V. PHYSICAL ACTIVITY**

##### INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING

For Tyler County students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

In Tyler County Schools:

- physical activity opportunities shall be offered daily during the school day.
- the schools should provide regular physical activity;
- classroom health education will complement physical education by reinforcing

- the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- schools should discourage extended periods of inactivity. When activities, such as mandatory testing, make it necessary for students to remain indoors for long periods time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active;
  - Elementary school students will get 120 minutes per week of physical education which does not include recess and classroom activity breaks;
  - Middle school students will get 225 minutes per week of physical education;
  - High school students will get 225 minutes per week of physical education;
  - Staff members shall not deny participation in physical activity opportunities as a form of discipline or punishment unless the safety of students is in question;
  - opportunities for physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day; and
  - classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
  - Workout areas are located at the middle/high school that can be utilized by students when monitored by a teacher/coach/staff member.

#### LET'S MOVE! WV

Given the significant amount of time students spend at school, it is a key place for students to get a portion of the recommended 60 minutes of moderate to vigorous activity each day. Schools can undertake a combination of the following strategies and other approaches to help Tyler County students be more physically active:

- Elementary classroom teachers will incorporate at least 15 minutes of moderate to vigorous physical activity into their daily lessons
- Middle school teachers will incorporate at least 5 minutes of moderate to vigorous physical activity into their daily lessons per class
- High schools will explore physical activity that work for their students and classroom setting
- Schools are encouraged to use the Let's Move! WV Resource Guide in their planning of daily physical activities
- Schools are encouraged to promote physical activity breaks at least every 30 minutes
- Schools will participate in state-wide physical activities established by the WVBE
- Let's Move! WV is intended for physical activity outside of physical education environment.

#### NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

Each Tyler County school will participate in National Physical Fitness and Sports Month in May of each year and shall make every effort to involve the community it serves in the related events.

#### DAILY RECESS

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space, equipment, and an environment conducive to safe and enjoyable activity. In case of poor weather that prevents outdoor recess, schools will develop a plan to promote physical activity during indoor recess during the regularly scheduled recess time. When allowed in the schedule, recess before lunch is being encouraged for classroom teachers to do with their students.

### PHYSICAL ACTIVITY OPPORTUNITIES FOR SCHOOL STAFF

Tyler County Schools will promote periodic and ongoing programs to increase the activity choices for faculty and staff. The middle/high school has two workout areas that can be utilized by staff. Each school has a walking trail/track that can be utilized by staff.

### PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL

Schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Tyler Consolidated High/Middle will offer interscholastic sports programs, offering a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities- daily periods of moderate to vigorous physical activity for all participants.

### USE OF SCHOOL FACILITIES OUTSIDE OF SCHOOL HOURS/COMMUNITY USAGE

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community –based agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **VI. COMMUNICATION AND PROMOTION**

### SCHOOL HEALTH AND WELLNESS COUNCILS

The county as well as the individual schools within the county will maintain school health and wellness councils that continue to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. In addition, the council will serve as resources to school sites for implementing the Wellness Policy.

The Tyler County Local Wellness Council will consist of a group of individuals representing the school and community, and will include parents, students, school food authority representatives, school board members, teachers, administrators, health professionals, and members of the public. (As required by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S. C. 1758 b).

The county and local school health and wellness councils will meet at least on a quarterly basis and use the Center for Disease Control and Prevention’s (CDC) Coordinated School Health Program (CSHP) model. Schools will link nutrition education activities with the coordinated school health program.

### COMMUNICATIONS WITH PARENTS

Tyler County Schools will communicate information on healthy eating and physical activity to parents such as:

- wellness policy;
- nutrition education;
- nutrition guidelines for school parties/celebrations;

- opportunities for physical activity before and after school; and
- physical education.

Nutrition education will be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.

School websites and APP will be user-friendly concerning availability of information concerning health and wellness. Nutrition tips, monthly menus, monthly newsletters, policies, etc. will be posted on the websites and APP.

Tyler County Schools will provide physical education information and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

#### COMMUNICATIONS WITH STAFF

Tyler County Schools will support staff wellness programs specifically addressing the health of staff. When opportunities are present presentations, staff development, etc. will be provided to staff.

School administrative, professional and service personnel will model healthy eating behaviors when acting as a Tyler County Schools employee.

#### EDUCATION, MARKETING, AND PROMOTIONS INSIDE/OUTSIDE THE CLASSROOM

School environment, including cafeterias, other eating areas, and classroom, shall provide clear and consistent messages that reinforce healthy eating. The school will market healthy eating through the use of updated posters and messages. The schools will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys. Periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

Education materials shall be free of brands and illustrations of unhealthful foods.

## **VII. EVALUATION**

#### MONITORING

The child nutrition director will ensure compliance with established county-wide wellness policy. In each school, the principal or designee will ensure compliance with the policy in his/her school and will report on the school's compliance to the child nutrition director.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

The child nutrition director will develop a summary report every two years on county-wide compliance with the county's established nutrition and physical activity wellness policies, based on input from the

schools within the county. The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the county.

#### POLICY EVALUATION

To help with the initial development of the county's wellness policy, each school in the county will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the county level to identify and prioritize needs.

Assessments will be repeated every two years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of the review, the school district will review the wellness policy. The county, and individual schools within the county, will meet, as necessary, revise the wellness and develop work plans to facilitate their implementation. Any funding for the school wellness evaluation will be allocated from the general operations budget.

Reference: WVBE Policy 2520.55, 21<sup>st</sup> Century Wellness Pre K – 4 Content Standards and Objectives for WV Schools; WVBE Policy 2520.5, Next Generation Health Education 5-12 Content Standards and Objectives for WV Schools; WV Policy 4321.1, Healthy, Hunger-Free Kids Act of 2010; School Wellness Policy Evaluation Tool; USDA: A Guide to Smart Snacks in Schools

Date: 12/4/17, 9/21/15, 2/17/14, 6/18/12, 6/21/10, 9/22/08, 7/17/06